

Remember the 3 R's

REMIND

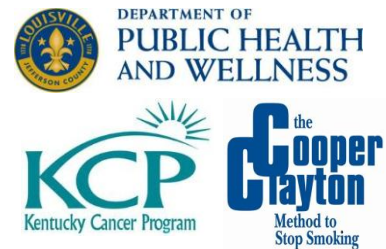
Remind yourself why you became a nonsmoker. Focus about your reasons for becoming a nonsmoker and about all the progress you've made.

REHEARSE

Rehearse what you'll do to handle cravings when risky thinking or slippery situations happen.

REWARD

Each time you beat the urge to smoke, reward yourself. Congratulate yourself for your determination and effort. Being a nonsmoker happens one day at a time. Celebrate your milestones (big and small); you deserve it!



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